

NBRC Lap Pool

SEPTEMBER 14 - 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Boulder Swimming 7:00-9:00 *3 lanes	Lap Swim 8:00-10:00
6:30am							
7:00am							
7:30am							
8:00am		Drop-in H ₂ O Fit 8:00-9:00 *4 lanes	Drop-in H ₂ O Fit 8:00-9:00 *4 lanes	Drop-in H ₂ O Fit 9:00-10:00 *4 lanes	Drop-in H ₂ O Fit 9:00-10:00 *4 lanes		
8:30am							
9:00am	Drop-in H ₂ O Fit 9:00-10:00 *4 lanes	Lap Swim 9:00-4:00	Drop-in H ₂ O Fit 9:00-10:00 *4 lanes	Drop-in H ₂ O Fit 9:00-10:00 *4 lanes	Flatirons 9:00-11:00 *3 lanes	Open Swim 10:00-4:00 *4 lanes	
9:30am							
10:00am	Lap Swim						
10:30am	BAM 10:30-11:30 *3 lanes						
11:00am	Lap Swim 11:30-4:00		Lap Swim 9:00-4:00	Lap Swim 10:00-4:00	Lap Swim 11:00-1:00		
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm	Lap Swim 10:00-4:00		Lap Swim 11:30-4:00	Lap Swim 9:00-4:00	Lap Swim 10:00-4:00		Open Swim 1:00-4:00 *4 lanes
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	Flatirons 4:00-6:00 *4 lanes not 9/29	Flatirons 4:00-5:30 *3 lanes	Flatirons 4:00-5:30 *4 lanes	Flatirons 4:00-5:30 *3 lanes	Flatirons 4:00-6:00 *4 lanes	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30
5:30pm							
6:00pm		Drop-in Zumba 5:45-6:45 *4 lanes	5:30-6:00 *3 lanes	Drop-in Zumba 5:45-6:45 *4 lanes	Lap Swim 6:00-7:00		
6:30pm	Lessons 6:10-7:00 *6 lanes					Lessons 6:00-6:45 *6 lanes	
7:00pm	Drop-in H ₂ O Fit 7:00-8:00 *3 lanes	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00	Lap Swim 6:45-9:00			
7:30pm							
8:00pm							
8:30pm							
9:00pm							

***Indicates # of lap lanes available to public for lap swimming**

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-413-7260 or go to www.boulderaquatics.org